



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/ • www.facebook.com/Lakeforestseniors

LAKE FOREST SENIOR ADVISORY BOARD

The City of Lake Forest Parks & Recreation Commission is looking for candidates who are interested and passionate about future senior programs and the senior center.

Two seats will become available to serve on the Senior Advisory Board (term begins January 2016).

The Senior Advisory Board is appointed by and reports to the Parks & Recreation Commission.

The Board consists of five members and will act in an advisory capacity. Meetings are held during the day six times per year at City Hall. Each Board member's term limit is two years.

Qualifications for the Senior Advisory Board

- Lake Forest resident
- 50 years of age or older

Applications will be available on Monday, September 28 on the City's website at www.lakeforestca.gov/seniors and the Senior Scene Clubhouse located at 25550 Commercentre Drive.

All applicants must submit an application no later than Friday, October 30 by 5:00 PM.

The Parks & Recreation Commission will conduct interviews on Thursday, November 19, at 7:00 PM.

Get Involved! Get On Board!

Oct/Nov/Dec 15

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SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Considerable walking or standing is involved with the mini excursions.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day.

Registrations will not be taken before that date or time but only for the times and dates listed.

Thank you in advance for your cooperation.

MINI EXCURSION REGISTRATION

October

Lake Forest Residents:
Wed, Oct 7, 12:00 PM

Non-Residents:
Thurs, Oct 8

November

Lake Forest Residents:
Wed, Nov 4, 12:00 PM

Non-Residents:
Thurs, Nov 5

December

Lake Forest Residents:
Wed, Dec 2, 12:00 PM

Non-Residents:
Thurs, Dec 3

OCTOBER MINI EXCURSIONS



Pío Pico Adobe Tour • Whittier
Tuesday, October 13 • 10:00 AM–2:00 PM
Fee: Free (docent-led tour)

Pío Pico was the governor of California in 1832 and again in 1846 before and during the Mexican-American War. Built in 1853, his adobe home "El Ranchito" has been completely restored to how it appeared in the 1880's, letting visitors experience and celebrate his life and times.



Ecology Center •
San Juan Capistrano
Wednesday,
October 28
10:00 AM–1:00 PM
Fee: \$15.00 per person
(pay at registration;
docent-led tour)

The tour leads you through the Eco-Labs, where you will touch, smell, and taste your way to an understanding of sustainability. Gain hands-on skills where you will learn how to grow your own food and take-home a pot of herbs or vegetables.

NOVEMBER MINI EXCURSIONS



**Yakult Factory •
Fountain Valley
Tuesday,
November 17
10:00 AM–
1:00 PM
Fee: Free
(docent-led tour)**

Tour the state-of-the-art facility to see how Yakult (probiotic drink) is made. The factory produces over 400,000 bottles per day, 40,000 bottles per hour. You will learn about how beneficial the "good bacteria" is for your digestive system.

**Foothill Ranch
Towne Center Shopping
Wednesday, November 25
10:00 AM–2:00 PM
Fee: Free**

First stop...
Walmart!
Second
stop...99
Cent Store
and third
stop...lunch at the Foothill
Ranch Towne Center (or
bring your own).



DECEMBER MINI EXCURSION



**Roger's Gardens & Fashion
Island • Newport Beach
Wednesday, December 9
10:00 AM–2:00 PM
Fee: Free**

It's the holiday "get-you-into-the-mood" excursion to Roger's Gardens. As you stroll through the gardens, you will discover 22 enchanting Christmas-themed trees, a collection of beautiful ornaments, gifts, and décor. Afterwards, shopping and lunch on your own at Fashion Island.

SEMINARS

October

The Benefits of Drinking Water

**Thursday, October 22
11:15 AM**

Think of water as a nutrient your body needs. Fluid losses occur continuously, from skin evaporation, breathing, and urine...and these losses must be replaced daily for good health. When your water intake does not equal your output, you can become dehydrated.

November

Healthier Living: Living Your Best Life

**Thursday, November 12
11:15 AM**

Office on Aging discusses the "Healthier Living - Living Your Best Life" workshop for people with chronic health conditions including but not limited to arthritis, diabetes, heart and lung diseases.

December

No seminar is scheduled in December due to planned activities and holiday closures.



CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes by calling 461-3408 the first Monday of the month: October, call October 5; November, call November 2; December, call December 7. Crafts may change due to availability of supplies.

HAPPY HALLOWEEN DOOR/WALL PLAQUE

Tuesday, October 20 • 10:30 AM

At class you will receive a "Happy Halloween" word plaque that you can paint, bling-out and take home as a Spooktacular decoration.



AUTUMN TEA LIGHT CANDLE HOLDER

Tuesday, November 17 • 10:30 AM

Light up your table by creating a tea light candle holder using a mason jar, decorative autumn leaves and raffia.

PRISM LIGHT CANDLE HOLDER

Tuesday, December 15 • 10:30 AM

Create a gift to yourself or for someone special. We'll provide glass beads that you can glue on to a clear vase and when you turn on the battery operated candle (yes, we'll provide that, too), a beautiful prism reflection will appear.

CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! Enjoy various activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. **Join us for Bingo and a free hot lunch every Thursday!** The Clubhouse is

a great place to meet new friends! No need to make reservations for this great drop-in program. **Walking Club and Bocce Ball activities will be cancelled due to inclement weather or 90+ degree temperature. If you have any questions, please call (949) 461-3408.**

DISCOVER THE EXCITEMENT!

HOT CHOCOLATE AND MARSHMALLOWS **Mondays • 12:00 PM**

As the weather starts cooling down, staff will heat up hot chocolate and marshmallows.

BAGELS & BINGO

Tue • 10:30 AM

Oct 6 • Nov 3 • Dec 1

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM–12:30 PM

Oct 7 • Nov 4 • Dec 2

Are you new to the area? Looking for a doctor who specializes in senior issues? A representative from Monarch HealthCare will discuss available options.

BINGO MANIA

Mon • 10:30 AM

Oct 19 • Nov 16 • Dec 21

CELL PHONES 101

Tue • 12:00-1:00 PM

Oct 20 • Nov 17 • Dec 15
Master your phone! If you need assistance, drop by the Clubhouse and Jose from Monarch HealthCare will show you how.

SCRABBLE GAMES

Wed • 10:30 AM

Oct 21 • Nov 18 • Dec 16

BOCCE BALL @ THE SPORTS PARK

Wed • 10:30 AM

To register, you must call (949) 461-3408

Oct 21 • Nov 18 • Dec 16

BULLETIN BOARD • PET PHOTO

In **October**, bring in your favorite pet photo (dog, cat, bird, fish, lizard, orangutan?) from years past or present. We hear you talk about them...so now we want to see what they look like. **Staff will decorate the bulletin board in November** showing off your pets!

RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Oct 27 • Nov 24 • Dec 29

FREE!

VACCINATION CLINIC

Thu, Oct 29 • 10:00 AM

If you haven't had your vaccination, now is the time to do so!

HALLOWEEN "TRICK OR TREAT" COSTUME LUNCHEON AND BINGO

Thu, Oct 29 • 11:30 AM

Dress in your favorite costume or wear orange and black. Awesome Alfonse will perform card tricks...keep in mind the phrase "the hand is quicker than the eye!"

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Oct 29 • Nov 19 • Dec 31

MAHJONG MONDAYS AND WEDNESDAYS

10:00 AM–2:00 PM

Every Monday and Wednesday.

PING PONG TUESDAYS

10:30 AM–1:00 PM

Every Tuesday.

COUPON SWAP

Drop off and pick up coupons.

DROP-IN COMPUTER LAB AND FREE PUBLIC WI-FI

Mon/Tue/Thu 10:00 AM-2:00 PM

Wed 11:00 AM-2:00 PM

Availability limited at times due to training and computer classes. No instructor is on site.

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LFGPC
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FL
Forest Lanes
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S&S Club
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IVC
Irvine Valley College
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(949) 451-5555

OCT

**Due to the popularity
of the Thursday
Lunch Program,
we encourage you
to arrive by 11:00 AM
for seating.**



<p>4</p>	<p>5</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate and Marshmallows (CC-A)</p> <p>Cold Box Lunch</p>	<p>6</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>11</p> <p>7:30 AM Excursion – Jet Propulsion Laboratory (JPL)</p>	<p>12</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate and Marshmallows (CC-A)</p> <p>Cold Box Lunch</p>	<p>13</p> <p>10:00 AM Mini Excursion – Pío Pico Adobe Tour 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>18</p>	<p>19</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate and Marshmallows (CC-A)</p> <p>Cold Box Lunch</p>	<p>20</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Happy Halloween Door/Wall Plaque 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>25</p>	<p>26</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Hot Chocolate and Marshmallows (CC-A)</p> <p>Cold Box Lunch</p>	<p>27</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
	1 10:00 AM Legal Aid Services (AR) (appointment required) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)	2 1:00 PM Bowling League (FL) 4:00 PM Back to the Future: Sock Hop (reservations required) <hr/> SAT 3
	Oktoberfest	
7 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch	8 10:00 AM It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)	9 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 10
	Mexican Madness	
14 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – 5 Flights Up (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B)	15 9:30 AM Book Discussion – Girl in Translation (CC-El Toro Room) 10:00 AM It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)	16 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust <hr/> SAT 17
	Italian Feast	
21 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Bocce Ball (Sports Park) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B)	22 10:00 AM It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 10:45 AM Blood Pressure Checks (AR) 11:15 AM Seminar – The Benefits of Drinking Water 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)	23 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 24
	Chinese Feast	
28 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Ecology Center 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Woman in Gold (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B)	29 7:45 AM Golf Days (LFGPC) 10:00 AM FREE Vaccination Clinic (AR) 10:00 AM It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Halloween "Trick or Treat" Costume Luncheon and Bingo Birthday Celebrations (CC-A&B) 11:30 AM 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)	30 1:00 PM Bowling League (FL) 5:00 PM Senior Advisory Board Application Deadline <hr/> SAT 31 HAPPY HALLOWEEN
	White Chicken Chili	

LEGEND

CH
City Hall
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Room B

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Activities Room

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Training Room

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Lounge

LFSP
Lake Forest
Sports Park
28000 Rancho Pkwy.
(949) 273-6960

LFBTC
Lake Forest Beach &
Tennis Club
22921 Ridge Route Dr.
(949) 837-6100



LFGPC
Lake Forest Golf &
Practice Center
23308 Cherry Ave.
(949) 859-1455

FL
Forest Lanes
22771 Centre Drive
(949) 770-0055

S&S Club
Sun & Sail Club
24752 Toledo Way
(949) 586-0860

IVC
Irvine Valley College
23308 Cherry Ave.
(949) 451-5555

SUN	MON	TUE
1 DAYLIGHT SAVINGS TIME ENDS Set your clocks back one hour	2 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Hot Chocolate and Marshmallows (CC-A) Cold Box Lunch	3 7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
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15	16 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Hot Chocolate and Marshmallows (CC-A) Cold Box Lunch	17 7:45 AM Golf Days (LFGPC) 10:00 AM Mini Excursion – Yakult Factory 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Autumn Tea Light Candle Holder 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
22	23 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Hot Chocolate and Marshmallows (CC-A) Cold Box Lunch	24 7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch
29	30 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Hot Chocolate and Marshmallows (CC-A) Cold Box Lunch	

WED		THU		FRI / SAT	
4		5		6	
9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch		VETERANS' DAY CELEBRATION 7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Veterans' Day Ceremony 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Meatloaf and Mashed Potatoes		FRI 8:30 AM AARP Driver Safety "Refresher" Course (CH) 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT	
11		12		13	
 VETERANS' DAY CITY HALL AND CLUBHOUSE CLOSED		7:45 AM Golf Days (LFGPC) 10:00 AM It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Healthier Living: Living Your Best Life 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast		FRI 1:00 PM Bowling League (FL) <hr/> SAT	
18		19		20	
9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Senior Advisory Board Meeting 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Bocce Ball (Sports Park) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – The Second Best Exotic Marigold Hotel (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch		7:45 AM Golf Days (LFGPC) 9:30 AM Book Discussion – Brown Girl, Brownstones (CC-El Toro Room) 10:00 AM It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Tom and Tina Turkey		FRI 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT	
25		26		27	
9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Foothill Ranch Towne Center Shopping 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Far from the Madding Crowd (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch		 HAPPY THANKSGIVING CITY HALL AND CLUBHOUSE CLOSED		FRI 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT	

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MON

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7:45 AM Golf Days (LFGPC)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bagels & Bingo (CC-A)
11:00 AM Ping Pong (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

Cold Box Lunch

7:45 AM Golf Days (LFGPC)
10:00 AM HiCap Appointments

10:00 AM Drop-In Computer Lab (CC-TR)

11:00 AM Ping Pong (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

2:30 PM Excursion – Odd Couple TV Taping

Cold Box Lunch

10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Crafts –
Prism Light Candle Holder
11:00 AM Ping Pong (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Cell Phones 101 (CC-A)

Cold Box Lunch

FIRST DAY OF WINTER

10:00 AM Drop-In Computer Lab (CC-TR)
11:00 AM Ping Pong (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

Cold Box Lunch

10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Rummikub Tournament (CC-A)
11:00 AM Ping Pong (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

Cold Box Lunch

6

10:00 AM Mahjong (CC-A)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Walking Club (Sports Park)
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Hot Chocolate and Marshmallows (CC-A)

Cold Box Lunch

7

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11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Hot Chocolate and Marshmallows (CC-A)

Cold Box Lunch

28



1

8

15

22

29

WED	THU	FRI / SAT
<p>2</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A)</p> <p>Cold Box Lunch</p>	<p>3</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Emeritus Class Enrollment (AR) 12:00 PM Lunch (CC-A&B)</p> <p>Mexican Madness</p>	<p>4</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 5</p>
<p>9</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Roger's Garden and Fashion Island 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>10</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM ETHS Choral Group (CC-A&B)</p> <p>Italian Feast</p>	<p>11</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>7:00 PM Holiday Bunco</p> <hr/> <p>SAT 12</p>
<p>16</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 10:30 AM Bocce Ball (Sports Park) 10:45 AM Movie Day – Angels Sing (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>17</p> <p>9:30 AM Book Discussion – I Am Malala (CC-EI Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:00 AM White Elephant Exchange (reservations required) 12:00 PM Lunch (CC-A&B) 1:00 PM Charles Dickens Carolers (CC-A&B)</p> <p>Hams and Yams (reservations required)</p>	<p>18</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 19</p>
<p>23</p> <p>10:00 AM Mahjong (CC-A) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>24</p>  <p>CLUBHOUSE CLOSED</p>	<p>25</p> <p>FRI</p> <p>MERRY CHRISTMAS</p> <p>City Hall Closed</p> <hr/> <p>SAT 26</p>
<p>30</p> <p>10:00 AM Mahjong (CC-A) 10:45 AM Movie Day – Where Hope Grows (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>31</p> <p>NEW YEAR'S CELEBRATION</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B)</p> <p>Chili and Cornbread</p>	<p>JAN 1</p> <p>FRI</p> <p>HAPPY NEW YEAR</p> <p>6:00 AM Excursion – Rose Parade</p> <p>City Hall Closed</p> 

GOOD STUFF COMING YOUR WAY

Oct/Nov/Dec 2015

12

Senior Scene

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

**BACK TO THE FUTURE:
50'S SOCK HOP • Friday, October 2 •
4:00–7:00 PM • \$10.00 per person
(purchase online or at City Hall).**

VETERANS' DAY CELEBRATION

Thursday, November 5 • 10:30 AM

The Senior Clubhouse will begin the Veterans' Day celebration with a color guard presentation to honor our men and women who have given over and above to protect our country.

**AARP DRIVER SAFETY "REFRESHER"
COURSE • Friday, November 6 • City Hall •
8:30 AM–1:00 PM • \$15 AARP Members •
\$20 Non-Members**

For additional information, call (949) 461-3450.

EMERITUS CLASS ENROLLMENT

Thursday, December 3 • Activities Room

11:30 AM–1:00 PM

A representative from Irvine Valley College will be on-site so you can register at the Senior Scene Clubhouse. **No need for an appointment – just drop in to sign up!**

MEDICARE OPEN ENROLLMENT

Each year, you have a chance to make changes to your Medicare Advantage Plans (Part C) and Medicare Prescription Drug Coverage Plans (Part D) for the following year. The enrollment starts on Thursday, October 15 and ends Monday, December 7, 2015. If you have questions regarding your plans, call (949) 461-3408 and make an appointment with a HiCap counselor. Appointments are available the first Tuesday of each month.

October



5 Flights Up

(PG-13) • Oct 14

1 Hr, 33 Mins

Forty years ago, Alex and Ruth bought a run-down apartment in a sketchy part of Brooklyn. Today their neighborhood is worth a small fortune. On the eve of their open house, the Brooklyn Bridge is rumored to be under a terrorist attack, creating media frenzy and dampening people's attitudes about living in New York.

As the world around them seems to mirror their own chaos and confusion, Ruth and Alex realize the same bond of love that has kept them together will see them through the next stage of their lives.

Morgan Freeman,
Diane Keaton.



Woman in Gold

(PG-13) • Oct 28

1 Hr, 49 Mins

Based on a true story, Jewish refugee Maria Altmann is forced to flee Vienna during World War II.

Decades later, determined to salvage some dignity from her past, Maria has taken on a mission to reclaim a painting the Nazis stole from her family: the famous *Lady in Gold*, a portrait of her beloved Aunt Adele. Partnering with an inexperienced but determined young lawyer, Maria embarks on an epic journey for justice 60 years in the making.

Helen Mirren, Ryan Reynolds.

MOVIE DAYS

Wed • 10:45 AM • Lounge
Movies may change based on availability

November



The Second Best Exotic Marigold Hotel (PG) • Nov 18 2 Hrs, 2 Mins

In a sequel to the Golden Globe-nominated film, hotel owner Sonny is overwhelmed with the task of finding a second property to accommodate the influx of new residents, while his upcoming wedding plans may be too much for the hotel's staff to handle.

Judi Dench, Maggie Smith, Bill Nighy, Richard Gere.



Far from the Madding Crowd (PG-13) • Nov 25 1 Hr, 59 Mins

Beautiful and headstrong Bathsheba attracts three very different suitors: Gabriel Oak, a sheep farmer, captivated by her fetching willfulness; Frank Troy, a handsome and reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. This timeless story explores the nature of relationships and the human ability to overcome hardships through resilience and perseverance.

Carey Mulligan, Matthias Schoenaerts, Tom Surridge.

December



Angels Sing (PG-13) • Dec 16 1 Hr, 30 Mins

As a child, Michael Walker wished every day was Christmas. That is, until a tragic accident crushed his holiday spirit. Thirty years later, Michael still can't muster any joy for Christmas, despite encouragement from his playful wife and well intentioned parents. But when his young son faces a tragedy, Michael needs to make amends with his past. A mysterious man named Nick gives Michael a gift that instills the courage to find the Christmas joy that he lost.

Connie Britton, Harry Connick, Kris Kristofferson, Willie Nelson, Chandler Canterbury.



Where Hope Grows (PG-13) • Dec 30 1 Hr, 35 Mins

Calvin is a former professional baseball player sent to an early retirement due to his panic attacks at the plate. Even though he had all the talent for the big leagues, he struggles with the curveballs life has thrown him. His life is in a slow downward spiral when he is suddenly awakened and invigorated by the most unlikely person: Produce, a young-man with Down syndrome who works at the local grocery store. Calvin slowly loses the chip on his shoulder as he begins to experience the world through Produce's eyes.

TRANSPORTATION OPTIONS

The City of Lake Forest offers door-to-door transportation services to Lake Forest senior residents via Age Well Senior Services (AWSS) Bus and OC Taxi. For additional information call 461-3450.

I want to go to the Senior Clubhouse Mon-Thu from 10:00 AM-2:00 PM

- Call AWSS at 855-9766 24 hours in advance. Cost is 50 cents one way.
- Call OC Taxi* when the AWSS Bus is full at 364-7000. \$1.00 voucher one way.

I want to visit my friends, go to the grocery store or a doctor's appointment within the city limits of Lake Forest

- Call OC Taxi* – \$2.50 voucher one way.

I have an appointment at Saddleback Memorial Hospital

- Call OC Taxi* – \$5.00 voucher one way.

I have to an appointment at South County Orthopedic Specialist, Kaiser and Hoag Hospitals (Irvine) or Mission Viejo Hospital

- Call OC Taxi* – \$7.00 voucher one way.

*** Prepaid taxi vouchers are mandatory for all taxi transportation. Vouchers available for sale at City Hall. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age; cash or check only.**

For additional transportation options, call OCTA at 1 (800) 636-7433.

CELL PHONES FOR LIFE

FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday, 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Drive, Second Floor.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested. Lunches



are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

NEED TO KNOW NUMBERS!

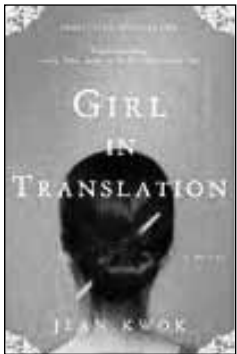
AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	380-0155, Ext. 12
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

L.F. READING CIRCLE

Thursdays • 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

October

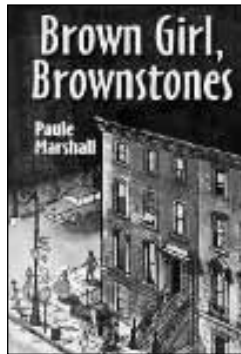


October 15
Girl in Translation
by Jean Kwok

When Kimberly Chang and her mother emigrate from Hong Kong to Brooklyn squalor, Kimberly quickly begins a secret double life: exceptional schoolgirl during the day, Chinatown sweatshop worker in the evenings.

Disguising the more difficult truths of her life she learns to constantly translate not just her language but herself back and forth between the worlds she straddles.

November

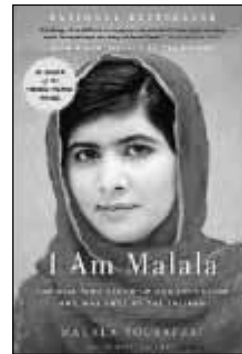


November 19
Brown Girl, Brownstones
by Paule Marshall

Selina Boyce resides in Brooklyn during the Depression and WWII and is the daughter of Barbadian immigrants caught between the struggles of her hard-working, ambitious mother, who wants to "buy house" and educate her daughters, and of her father, who longs to return to the land in Barbados.

Selina seeks to define her own identity and values as she struggles to surmount the racism and poverty that surround her.

December



December 17
I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban
by Malala Yousafzai & Christine Lamb

I Am Malala is the remarkable tale of a family uprooted by global terrorism, of the fight for girls' education, of a father who, himself a school owner, championed and encouraged his daughter to write and attend school, and of brave parents who have a fierce love for their daughter in a society that prizes sons.



City of Lake Forest Senior Scene
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LAKE FOREST SENIOR PROGRAMS

THE WHITE ELEPHANT IS COMING...LUNCHEON THAT IS!

Thursday, December 17 • 11:00 AM

Due to the popularity of the White Elephant Luncheon **reservations are mandatory**. You can reserve two seats per person. Call (949) 461-3450 to reserve your seats. (Bingo following lunch.)

Lake Forest residents call Tuesday, November 10 at 8:00 AM. Non residents call Tuesday, November 17. Reservations left on the phone will not be accepted.

KEEP YOUR BRAIN HEALTHY & SHARP

Have fun working your memory! Log on to www.AARP.org/health/brain-health/brain_games.html for free games!

